Seniors' News

Seniors' Secretariat

Giving Nova Scotia's Seniors a Voice Volume 112 June 2005

Veterans and Seniors: Reflecting on the Past, Anticipating the Future

By Valerie White

Many of you will be picking up this newsletter at the 50+ Expo. The 50+ Expo celebrates the many talents and contributions of seniors in Nova Scotia.

The 50+ Expo also kicks off Seniors' Week. This year's theme, "Veterans and Seniors: Reflecting on the Past, Anticipating the Future" acknowledges the 60th anniversary of the end of the Second World War. We are pleased to honour and pay tribute to our veterans.

As the Seniors' Secretariat celebrates its 25th year, we are preparing for the exciting opportunities that await. You may notice the new look of our newsletter. We have adapted a new visual identity for the Secretariat, which incorporates an oak leaf. The oak leaf symbolizes authority, stability, strength, honour, endurance, majesty, power and wisdom and we think this appropriately reflects the seniors we serve! I hope you like it.

Valerie

Vic Barnes, president of the NS/Nunavut Command, presents Premier John Hamm with a poppy on November 11, 2004.

Minister Cecil Clarke presents Alex Winstanley and Al Coleman of Breton Branch No. 8 with a new chairlift which was funded from an ACCESS-Ability grant through the Department of Community Services. (photo courtesy of the Cape Breton Post)

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Seniors' News

Giving Nova Scotia's Seniors a Voice

The Secretariat Newsletter is published four times a year by the Seniors' Secretariat and distributed free of charge. We welcome letters, articles, and items of interest from you. Please include your name, address, and telephone number on all correspondence.

The Seniors' Secretariat was established in 1980 to facilitate the planning and development of services and programs for seniors by coordinating plans, policies, and programs presented by the departments of the provincial government. The Secretariat serves as a one-door entry to government for seniors, seniors' groups, and other provincial bodies concerned with aging issues. The Secretariat develops plans, policies, and programs in partnership with other levels of government and agencies responsible for seniors.

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Seniors' Secretariat

NOVA SCOTIA

Seniors for Literacy Project

by Marguerite McMillan Project Coordinator, Nova Scotia Seniors for Literacy Committee

Last Fall, I reported on behalf of the Nova Scotia Seniors for Literacy Committee that seniors in five communities would have a chance to enhance their basic reading and writing skills, brush up on math, and everyday finances as part of a pilot project to test our new resource kit entitled *"Enhancing the Basic Learning Skills of Older Nova Scotians A Resource Kit"*. They could also learn about health and nutrition, storytelling or how to use a computer. Funding for this project was provided by the National Literacy Secretariat, Human Resources and Skills Development Canada.

I am pleased to report that tutors from Community Learning Networks in Clementsport, Kentville and Yarmouth offered 8 to 10 week workshops using different sections of the new resource kit with input from participants. Shorter two hour sessions to introduce the pilot project were held in various locations in Cumberland County and in Shelburne. A total of about 50 seniors participated in the workshops and sessions.

Clementsport and Kentville used the storytelling section of the kit for the entire time and compiled their stories into small books. Yarmouth used the Computer Learning section. This group of seniors can now use e-mail and do Internet searches on health and nutrition topics, hobbies, etc. They are hoping to continue with more workshops. Cumberland and Shelburne held introductory sessions on health, safety, nutrition, fitness, and technology. Seniors attending the introductory sessions in Cumberland would like to have workshops on these topics in their communities and one-on-one tutoring.

Kentville had the largest group of seniors (11), who produced a storybook that sold out in the community. They also recruited three more seniors and plan to continue, with the project. Three of the participants have volunteered to become certified tutors and have offered their services to their local Community Learning Network.

All tutors found that there is a great need for seniors to tell their stories and to learn about computers. They also found there is a need to learn about health, safety, and technology (such as the use of bank machines, etc). Tutors found that seniors regained self-confidence and the skills they had lost, such as reading, writing and speaking in front of a group.

In addition to testing the usefulness of the resource kit, part of the pilot project was to try and form partnerships between seniors' groups and their local Community Learning Networks. The project was successful in that four out of five of these partnerships were formed. Peter Gillis, executive director of the Kings County Learning Association reported that these partnerships "can make an incredible difference in our community."

For more information on the Seniors for Literacy Project, feel free to contact me at the Secretariat by phone at 424-5329 or 1-800-670-0065, or via email at mcmillma@gov.ns.ca.

25 Years Of Service To Seniors Recognized

The Gerontology Association of Nova Scotia recently presented Valerie White, Executive Director of the Nova Scotia Seniors' Secretariat with the 2005 Award of Recognition for her 25 years of professional and personal service to Nova Scotia seniors.

Valerie's career with the Seniors' Secretariat began in 1980 when she joined the newly formed organization as co-ordinator. Over the years she has worked to gain awareness and change policies concerning issues such as home care, elder abuse and income security. Valerie has also been involved in numerous policy and research initiatives and committees at the local, provincial and national levels.

Valerie White accepts the 2005 Award of Recognition for her 25 years of professional and personal service to Nova Scotia seniors.

Nila Ipson, President of the Gerontology Association of Nova Scotia presented Valerie with the award. "With her professionalism, leadership abilities, dedication and optimistic attitude, Valerie has been a positive role model for many and it is what we believe sets her apart. The Secretariat is not a 9-5 job for her, but rather the vehicle through which she can achieve both personal and professional goals - namely, to enhance the lives of older Nova Scotians," said Ms. Ipson.

In the early 1990's Valerie began her long tenure as Chair of the 50+ Expo, an event which gives seniors the opportunity to celebrate aging as well as receive information essential to their health and well being. Today, under her leadership, the 50+ Expo is as popular as ever, making a statement to society that seniors are important.

Through the Seniors' Secretariat, Valerie has made a significant contribution to the lives of older Nova Scotians through her commitment to strengthening the voice and presence of seniors in government decision making and ensuring that seniors and their families have access to the information they need.

The award was presented to Ms. White at the Gerontology Association of Nova Scotia's Annual General Meeting & Educational Conference, Friday April 29 in Halifax.

SPECIAL FEATURES

In Memoriam Betty Havens

It is with great sadness that we announce the passing of Betty Havens, C.M., D.Litt., one of the founders of the Centre on Aging, on March 1, 2005. Betty, Professor and Senior Scholar, Community Health Sciences, Faculty of Medicine, and Research Affiliate, Centre on Aging, received numerous awards and distinctions during the course of her life. On February 18, 2005, John Harvard, Lieutenant Governor of Manitoba presented Betty with the insignia of Member of the Order of Canada during a private ceremony at Riverview Health Centre in Winnipeg.

Betty devoted her life to improving the lives of older adults. In 1971, while with Manitoba's Department of Health, she designed and conducted the Aging in Manitoba Longitudinal Study and has served as its Principal Investigator ever since. She was Provincial Gerontologist from 1982 until 1994 and Assistant Deputy Minister of the Continuing Care Program, Manitoba Health from 1991 to 1994.

Betty was also involved in the University Women's Club of Manitoba and the Girl Guides of Canada. Painted on her canoe paddle, the ashes of which will be spread with her ashes, was the following, from a French guide:

As the flames point upward, so be Our Aims.
As the red coals glow, so be Our Sympathies.
As the grey ash falls, so be Our Errors.
As the good fire warms the circle, so May
Our Ideals Warm the World.

Donations to an award to be established in Betty's name may be sent to the Canadian Association on Gerontology (CAG), 329 March Road, Suite 232, Box 11, Ottawa, ON K2K 2EI

Financial Abuse of Older Adults

Financial abuse is the most common type of abuse in later life. It is the use of a person's money or property without their permission, possibly resulting in loss of the older person's resources, choices or options. Financial abuse can be the result of a family member, friend or person in a position of trust improperly influencing, making financial decisions or controlling an older adult's money or property. The person(s) may not consider or realize their actions are abusive or neglectful. Financial neglect occurs if a person in a position of trust controls the money of the older adult but does not meet their needs.

Who can experience financial abuse?

Both older men and women can experience financial abuse although older women tend to experience it more often than men. Some women may be financially inexperienced, particularly if they have not worked outside the home and also tend to have fewer resources. They also may deal with situations of abuse or neglect for a longer time period because they tend to live longer than men.

Why does financial abuse occur?

For some persons, the need or greed for money is often greater than their ability to remain fair, honest and caring with an older person. A significant change in health or the death of a loved one can cause older adults to become vulnerable to financial abuse. In some cultures there are pressures, expectations and assumptions about who will get money after a parent dies, resulting in family arguments and abuse.

What are the health effects of financial abuse on older adults?

Older adults often experience worry, depression, or anxiety as a result of abuse and neglect, which can be mistaken for memory loss or illness. Feelings of shame, guilt, or embarrassment may result due to family abuse or loss of trust in the person who causes the harm. Those causing abuse and/or neglect often create fear for older adults and threaten, harass, or intimidate them by restricting access to grandchildren and/or threatening to leave them alone or in a residential care facility. Some older adults develop a dependency on medications or alcohol as their way of coping with the emotional and physical hurt. Those needing help with their emotions are encouraged to seek counselling or a support group which can assist them to regain their self-esteem and self-confidence.

How to prevent financial abuse

If lending money, write down the amount, the person's name and the date to remind you what was given or promised, and whether it was a loan or a gift. For any major decision involving property, consider using a lawyer or community advocate.

Joint use of banking machines or bank accounts can also create risk of abuse. Consider alternatives such as having the bank automatically pay your bills especially if your health is changing or you need to go to the hospital or into a care facility.

For more information:

If you discover a crime or dangerous situation is occurring to an older adult, call 911 immediately. Some forms of financial abuse involve theft or fraud of money and are considered crimes. **For more information** about Elder Abuse, contact the Seniors' Secretariat at 1-800-670-0065

Source: Adapted from BCHealthFiles, Health File #93e, March 2005

YOUR HEALTH

How To Stay Young

1. Keep only cheerful friends.
   The grouches pull you down.
2. Keep learning. Learn more about the computer, crafts, crossword puzzles, gardening, selling on eBay, or something else that intrigues you.
   Never let your brain idle.
3. Enjoy the simple things.
4. Laugh often, long, and loud.
5. Tears happen. Endure, grieve, and move on.
   The only person who is with you your entire life is yourself. Be ALIVE while you are alive.
6. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies—whatever has become your passion. Your home is your refuge.
7. Cherish your health: If it is good, preserve it. If it is unstable, work to improve it. It if is beyond what you can improve, get help.
8. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
9. Tell the people you love that you love them—at every opportunity.
10. Don't sweat the little things.
11. And remember, there's no way you can feel as bad as that person on your driver's license looks!

Source: Unknown, Looking Forward, Vol. 18, No. 2, Spring 2005

Thoughts on Ageism

by J.M. Nighswander

What is ageism? Is it a disease like rheumatism? A condition like autism? Or a practice like faddism?

The dictionary of American English defines it this way: "Ageism is discrimination against people on the basis of age; specifically the prejudicial stereotyping of older persons".

Ageism can be a source of frustration and discouragement to older persons and can be expressed in both positive and negative ways. Ageism is primarily an attitude, which can be displayed by persons of any age. It is simply the attitude that the reasons for certain behaviors and actions are due to being old, rather than because of other reasons. Such attitudes constitute ageism and are a form of discrimination.

Sometimes, unfortunately, older persons encourage ageism by their own attitudes. Bitterness, living in the past, cynicism, pessimism, etc. determine to a large extent how others relate to those of us who are older.

We must recognize, of course, that growing older has its symptoms, which are sometimes only too evident! But such recognition need not be prejudicial or discriminatory.

Katie Funk Wiebe in her book, *Life After 50* says, "It is a mistaken idea that old age is a period of life when the individual can no longer be active physically or mentally, and can no longer contribute to society."

Let's remember to assess everyone in positive, loving ways, not jumping to negative conclusions.

Joe Nighswander is a former Nursing Home director, a founding member and retired Chief Executive Officer of Parkview Services for Seniors. Joe is a published writer and author and will be a regular contributor to STRIDE Magazine.

Source: Adapted from Stride, Promoting Excellence in Seniors Care, First Quarter 2005

Putting Portions Back into Proportion

Canada's Food Guide to Healthy Eating recommends your daily intake consist of balance, variety and moderation; the corner stones of good nutrition. With serving sizes varying from place to place, it is more and more difficult to determine what the correct portion size is or should be. To help you determine what is enough, refer to the chart below. It will give you some easy, practical ways to measure your servings. Aim for balanced meals; try to get three to four groups at breakfast and four groups at lunch and dinner; just watch those portions.

Grain Products	
1 serving	**Equals**
1 slice of bread	CD in cover
1/2 bagel	hockey puck
1/2 cup/125 ml cooked rice, pasta or potatoes	small cupcake wrapper
1 pancake	CD
30 g cold cereal	refer to label

Milk Products	
1 serving	**Equals**
1 oz./30 g cheese	6 dice
1 cup/250 ml ice cream	baseball
1 cup/250 ml milk	measuring cup
3/4 cup/175 g yogurt	single serving container

Vegetables and Fruit	
1 serving	**Equals**
1/2 cup/125 ml juice	measuring cup
1/2 cup/125 ml fresh, frozen, canned	7 cotton balls or light bulb
1 medium sized	Tennis ball
1 cup/250 ml salad, raw, leafy	softball
2 tbsp./30 ml dried fruit	large egg

Meat and Alternatives	
1 serving	**Equals**
3 oz./90 g meat, cooked	deck of cards
3 oz./90 g fish, cooked	cheque book
1/2 - 1 cup/125 - 250 ml beans, lentils	light bulb
2 tbsp./30 ml peanut butter	golf ball
2 tbsp./30 ml nut/seeds	shot glass (1 oz.)

Fats and Oils	
1 serving	**Equals**
1 tsp./5 ml butter	1 stamp or 1 dice
2 tbsp./30 ml dressing	ping pong ball

Source: Nutrition file™ for Health Educators, Volume 1, 2005

ABCs of a Healthy Heart

A - Aspirin. If you're over 50, talk to your doctor about taking daily aspirin. For some people, it can help make blood less sticky and reduce the risk of clotting

B - Blood pressure. Aim for a blood pressure less than 120/80. Blood pressure is considered too high if it is more than 140/90. However even with a blood pressure of 130/85, people who have other risk factors such as smoking, family history of heart disease, high cholesterol, over 60, menopause, diabetes, stroke, heart disease, and other medical conditions should lower it further to reduce the risk of stroke.

C - Cholesterol. Total under 200, HDL greater than 1; LDL under 2.5 and even lower if you have heart disease risk factors; triglycerides less than 1.

D - Diabetes. One of the leading causes of heart disease. Diet, regular exercise, and staying at a healthy weight can help prevent it.

E - Exercise briskly for 30 to 60 minutes every day.

F - Folic acid. Get 400 to 800 mcg every day to lower homocysteine, a substance that can damage blood vessels. Folic acid also helps keep blood pressure at a healthy level.

G - Gums. Floss your teeth every day and brush at least twice a day to prevent gum disease, which is linked to heart disease.

H - H2O. Drink at least eight glasses of water every day, unless on a fluid restricted diet.

I - Inflammation. Ask your doctor about a test for Creactive protein (CRP), which measures painless inflammation in the body and may be as important as cholesterol in predicting your risk for heart disease.

J - Join your family and friends for a daily walk or other physical activity.

K - Know your family history. If you have close relatives with heart disease, your risk is higher.

L - Lose weight if you need to. Even just a few pounds can help.

M - Meditate or find other ways to relieve stress.

N - Nine to 10 servings of fruits and vegetables every day is the optimal amount for good health. Eat at least five.

O - Omega-3 fats. Eat salmon, tuna, mackerel, or other fatty fish high in omega-3 fats twice a week. Walnuts are also a good source.

P - Potassium. Found in fresh fruits and vegetables. Helps keep blood pressure at healthy levels.

Q - Questions. Ask your doctor questions about your heart health and how to lower your risks for heart disease.

R - Relax. Do something you enjoy every day.

S - Salt, saturated fat, and sugar. Eat less of all of these. Limit salt to about 1,500 mg per day. Restrict saturated fats like red meat and butter to 10% of your daily calories and eat sugar and sweets sparingly.

T - Trans fats. Eat as little of these as possible. They are found in chips, snack foods, packaged cookies and crackers, deep-fried foods, and any food made with partially hydrogenated oils.

U - Unsaturated fats. Olive oil and canola oil are among these heart-healthy fats. They can lower "bad" LDL cholesterol.

V- A multivitamin pill every day is good health insurance.

W - Whole grains like oats, barley, brown rice, and whole wheat can reduce the risk for diabetes and are an important source of fiber.

X - Syndrome X (also known as metabolic syndrome) increases your risk for heart disease.

Y - You. You are the only one who can take care of your heart.

Z - Zero tolerance for smoking.

Source: Looking Forward, Vol. 18, No. 2, Spring 2005

Detecting Prostate Cancer

One in every six men will get prostate cancer sometime in his life. African American men are at special risk for the disease. They have the highest rate of prostate cancer in the world. In fact, the incidence rate in African Americans is 60% higher than in white males and double the death rate.

What are your risks? One in three if you have just one close relative (father, brother) with the disease. The risk is fivefold with two close relatives. With three, it's an almost certainty (97%) that you'll develop prostate cancer.

Before the advent of early detection through PSA screening (a simple blood test), about three-fourths of all prostate cancer cases were found in the late stages where the disease isn't readily treatable or curable. Since widespread use of screening, about three-fourths of all cases are now found early giving men a fighting chance.

When should you be screened?

Every man over 50, younger if African American or with a family history of the disease should resolve to be screened annually for prostate cancer. Screening for prostate cancer takes less than 10 minutes.

Source: National Prostate Cancer Coalition, www.pcacoalition.org

Split Right Down the Middle

Breaking drug tablets in half is commonly done. But is it accurate and do you get exactly half the dose?

Pharmacy techs who split scored (those with markings on the tablet) and un-scored tablets with pill cutters were most accurate (within 15% of getting the halves equal). You can buy a pill cutter at your pharmacy. Using a kitchen knife was least accurate (splitters were off by as much as 50%).

Best advice: Take the dose your doctor recommends. Using a whole tablet is the safest way to assure accurate dosing. But if you do split tablets (do not cut gels, capsules, or coated, dose-critical, or extended-release drugs), do so one at a time and use the second half for the next dose. Then you'll get a full dose.

Source: The Medical Letter on Drugs and Therapeutics, Nov. 8, 2004

Stroke: Know these signs...

Did you know that calling 911 for medical assistance is the first, immediate thing you should do if you think someone has had a stroke?

Common Signs of a Stroke

- Sudden confusion, trouble speaking and understanding.
- Sudden numbness or weakness in the face, arm, or leg especially on one side of the body.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Source: American Heart Association, www.americanheart.org

Changing Your Diet

Gradual steps are the key to long-lasting results:

1. **Go slowly.** If you drink whole milk, switch to 2% for a while. Then move on to 1% before you try nonfat.
2. **Always have good choices handy.** If you're trying to cut out snacks like potato chips, switch to air-cooked popcorn or low-fat pretzels. Keep lower-fat cheeses, cut-up carrots and celery sticks, and washed fruit in the refrigerator.
3. **Try new recipes as a side dish first.** Serve a tofu or vegetarian casserole with a familiar entree that you already know you enjoy.
4. **Avoid repeating new foods too soon.** Bean soup, kidney bean salad, and hummus made from garbanzo beans are all healthy and tasty protein alternatives. But it would be best not to serve them all in the same week.
5. **Make enough for everyone to get their fill.** Teenagers and very active people may need to eat more to replace calories lost by serving low-fat or low-carbohydrate foods.

Tuna & Mercury

If you like tuna, use chunk light instead of albacore. Albacore tuna has higher levels of mercury—a contaminant that builds up in oceans and streams, is absorbed by some fish more so than others and can cause harm to your health.

Most at risk are nursing mothers, pregnant women, women who intend to become pregnant, and young children. A small portion (12 ounces a week of safer fish) is recommended. For most people, the risk is not a health concern.

Tuna is a healthy source of protein and omega-3 fatty acids, and is low in saturated fat.

Safest fish (lowest mercury levels) are canned light tuna, shrimp, salmon, pollock (including "fish sticks") and catfish. Highest mercury levels are found in shark, swordfish, king mackerel, and tilefish.

Source: U.S. Food and Drug Administration

Power to the Patient: Do I need a second opinion?

by Vicki Rackner, MD, FACS, Medical Editor

Patients often ask me, "I really like and trust my doctor. Do I need a second opinion?"

My answer, "Many times, yes, especially if your doctor can't arrive at a diagnosis after three visits, if you are unsure about your plan for treatment, and if surgery is recommended."

Here's what my patients tell me:

"It's too much trouble." If you need a second opinion, your life has most likely been turned upside down by your medical condition. Take the time, find a specialist, and gain peace of mind that the decision you're making about treatment feels right to you. A second opinion is a smart investment in your health outcome.

"I don't want to get my doctor mad at me." That's a valid concern, but we doctors understand second opinions and how you feel. We welcome another set of eyes. Sometimes other doctors see something you and I hadn't considered, especially for a tricky diagnosis. But most of the time—and this is an insider secret—we all usually agree. Then your biggest decision is which doctor will treat you, and we will both welcome you as a patient.

"I don't have time." Some true life-threatening medical crises require immediate care. For example, if you are choking, losing huge volumes of blood, are in extreme pain, or your heart stops—these are medical emergencies and you need immediate intervention. For most other major medical conditions, it's perfectly safe and prudent to take the time to get a second opinion.

Remember: Your opinion counts too.

Questions for the doctor? Email Dr. Rackner at DrRackner@HopeHealth.com

The Grapefruit Juice Factor

Grapefruit or grapefruit juice can affect how certain medications are metabolized in the body. It has the potential to cause dangerous side effects.

Here are the facts you need to know:

- **Grapefruit juice** contains a substance that blocks the liver's ability to break down certain drugs. This results in higher levels of the drug in the body—which creates the potential for dangerous side effects.
- **This reaction can occur** with either the fruit or juice of grapefruit, limes, or the Seville oranges used to make some marmalades. It's not a concern with other citrus fruits and juices (e.g., oranges, lemons, tangerines).
- **Adverse reactions** with certain medications can occur for up to 24 hours after you've consumed grapefruit.
- **The drugs known to interact** with grapefruit include Plendil, Procardia, Adalat, Sular, Neoral, Sandimmune, SangCya, Prograf, Valium, Halcion, Sonata, Tegretol, Anafranil, and some of the statin drugs used to treat high cholesterol.
- **Pharmacists might place** a sticker on any prescription drug that should not be taken with grapefruit or grapefruit juice. If in doubt, ask your pharmacist.

Source: Environmental Nutrition, Vol. 27, No. 6

Website Tracks Your Diet, Exercise

by Wendy Haaf

Not sure you're getting all the nutrients you need? Confused about how many calories you should consume, or how many minutes of physical activity—and what kinds—will help you maintain a healthy weight and ward off disease?

To find out how your health habits stack up, log on to EATracker (www.dietitians.ca/eatracker), a free online tool offered by Dietitians of Canada, an association of food and nutrition professionals. Click on *Take the Assessment* and fill out the personal profile to calculate your Body Mass Index (a tool that helps assess whether your weight falls into a healthy range for your height). Feed in information about your food and physical activity choices, then take the *Daily Assessment.*

The software will provide customized feedback for someone of your age, sex and activity level, and give suggestions for honing your habits, as well as offering tips on topics such as portion size. The *History* function also allows users to review their progress over time.

Of course, as helpful as it is, EATracker is no substitute for the advice of a registered dietitian. The main Dietitians of Canada Web site (www.dietitians.ca) features the handy search tool *Find a Dietitian.*

Source: Good Times, March 2005

New Cholesterol Numbers

Unfortunately, in the March 2005 Newsletter, the "New Cholesterol numbers" were featured in U.S. measurements. Here are the levels in Canadian measurements.

People at a moderate to high risk for heart attack or stroke—because of multiple risk factors like diabetes, high blood pressure, overweight, or smoking—should aim for an LDL cholesterol level of 3.5 mmol/L or lower. Those who are considered high risk should aim for an LDL level of 2.5 mmol/L whole those considered to be low risk should aim for an LDL level of 4.5 mmol/L.

For more information, go to www.cmaj.ca/cgi/data/169/9/921/DC1/1

THE GOLDEN YEARS

Are You Getting What You Want Out Of Retirement? Half of us would rather be working

by Olev Edur

Many Canadian retirees may be quite satisfied with their lot, but most would still rather be working for pay. Even though they retired voluntarily, almost half say they would have kept working if their circumstances (such as health or terms of employment) had been different.

These are among the findings of a comprehensive new Statistics Canada (Canadian Social Trends No. 75 Winter 2004) study entitled *"You can't always get what you want: Retirement preferences and experiences."* The study, based on data from StatsCan's 2002 General Social Survey, involved nearly 25,000 respondents 45 years of age and older, including 4,500 "recent" retirees aged 50-plus. (Recent meant that they had first retired between 1992 and 2002 inclusive.)

Retirees were first asked whether their retirement was voluntary or involuntary, and then whether they would have continued working, had their circumstances differed. Their response rate is shown in Table 1 and, according to the responses to these two questions, they were categorized as high, moderate or low-congruence retirees.

Those who retired voluntarily and say they would not have continued working were considered to have a high-congruence between their preferences and actual experiences.

Respondents who said they would have continued working under different circumstances cited a number of conditions that would have led to their continued employment.

Table 1: Would have continued to work if...

Could work fewer days without affecting pension	28%
Could work shorter days without affecting pension	26%
Had more vacation leave without affecting pension	19%
Any of the above three reasons:	30%
Could have worked part-time	28%
Personal health had been better	26%
Salary was increased	21%
Mandatory retirement was not required	12%
Could have found suitable care-giving arrangements	6%
Other reasons	11%
Total	60%

This table shows the percentage of respondents who first retired between 1992 and 2002 but would have continued to work had circumstances been different. A full 60 per cent of these recent retirees indicated they would have continued working under the listed conditions; since they were allowed to report more than one reason, the individual responses total more than 60 per cent.

As can be seen, many said they would have continued to work if they had been able to do so at less than a full-time schedule, provided their pensions remained unaffected. Health and mandatory retirement policies were also cited as obstacles to continued work.

Financial considerations

The survey authors found there were a number of significantly different characteristics between low- and high-congruence retirees, one of the most obvious being financial circumstances. Among its findings, the survey discovered that:

- While about three-quarters of high- and medium-congruence retirees quit working because it was financially possible to do so, only one-third of low-congruence retirees cited this reason.
- Eleven per cent of high-congruence retirees had household incomes below $20,000, compared with 28 per cent of the low-congruence group. Conversely, 31 per cent of high-congruence retirees had household incomes of $60,000 or more, compared with 20 per cent of low-congruence retirees.
- Fifty-two per cent of the high-congruence group received employer pensions, compared with 37 per cent for the low-congruence group; half of the high- and moderate-congruence cohort cited pension eligibility as a reason for retiring, compared with 26 per cent of the low-congruence group.
- Fifty per cent of the low-congruence cohort felt financially worse off than in the year before retirement, compared with only 22 per cent of the high-congruence group.

In fact, finances were such a pressing consideration for low-congruence retirees that almost one third returned to the labor force after their initial retirement (one third of these, or about 10 per cent of the cohort, failed to find work), compared with 16 per cent of the high-congruence group (of these, 97 per cent found jobs). Sixty per cent of the low-congruence returnees said they returned to the labour market because of financial considerations, compared with only 20 per cent of the high-congruence returnees.

Table 2: More than 1 in 4 retired involuntarily

Voluntarily would not have continued working	38% (High)
Voluntarily would have continued working	36% (Moderate)
Involuntarily would have continued working	24% (Low)
Involuntarily would not have continued working	3% (Low)

This table shows the percentage of respondents who first retired between 1992 and 2002, whether they retired voluntarily or involuntarily, and whether they would have continued working had circumstances been different. The numbers do not total exactly 100 per cent because of rounding.

Low congruence retirees were less likely than other retirees to have retired because it was financially possible or because they were eligible for a pension, but were more likely to have retired for health reasons or job disruptions and more likely to have fair or poor health, to be worse off financially after retirement than before, and to be dissatisfied with their lives.

Source: Statistics Canada, 2002 General Social Survey
Adapted from Good Times, April 2005

"Work-able" retirement plans: 25+ Ways Retirees Earn Extra Cash!

by Chris Balicki

Not that long ago, "being retired" and "not working" were pretty much synonymous. If you were "retired" you most likely had stopped working for good and were free to spend time on activities of your choice, be it with family or friends, traveling, volunteering or other leisure pursuits.

Today, retirement is still anticipated as being a time to do what you want. Increasingly, however, more "retired" Canadians are choosing or needing - to work at least part time. Healthier and more active aging and a trend toward earlier retirement are key factors in explaining why more retirees continue to work in some capacity.

Some may drop in and out of the labour force several times before finally "quitting" work. Such transitions can involve full-time, part-time, casual or seasonal work, self-employment, consulting in an area of expertise, turning a talent, hobby or other interest into a business, or trying something completely different.

Are you thinking about coming up with a 'work-able' retirement plan? There are lots of opportunities out there. Here's a look at the experiences of some working retirees.

Outdoor pursuits

From May through October, Shirley Heisler, 70, and her husband Bert, 71, are on-site managers of a Lions Club campground, about an hour from their home in Morrisburg, Ontario. Bert, a Korean War vet, served 15 years in the Canadian Army, then worked as a truck and school bus driver and crewed on Great Lakes cargo ships. Shirley was a homemaker and, for a time, a cook on those ships. Much of their leisure time during those years was spent camping, an activity they both enjoy.

Today the Heislers reside on the 31-site campground for the season, a condition, which might make their job less appealing to younger workers with a more active social life. But for the Heislers (who must provide their own RV accommodation), "it's like we're on a paid vacation" says Shirley. They get to spend lots of time outdoors managing the campground and meeting fellow campers, and say it makes for an ideal retirement job.

Drivers Wanted

While Bert Heisler retired as a school bus driver to manage a campground, many retirees are finding driving to be a good job fit. Some earn extra income as school or shuttle bus drivers, as couriers, or as chauffeurs for seniors.

Several years ago, Avis Rent A Car discovered retired and semi-retired individuals have the attributes they are seeking when hiring shuttle drivers (who move cars from Avis branches within a city or, on occasion from city to city). "We have found older drivers are responsible, careful, don't speed and take good care of the vehicles for which they are responsible," says Elizabeth Lincoln, national learning and development manager for Cendant Car Rental Group (of which Avis is a subsidiary). "Older workers are flexible and can accommodate the business cycles of a rental car agency."

Today Avis employs over 700 shuttle drivers across the country, as well as on-site greeters and expeditors who help customers with directions, luggage and any other concerns. Almost 600 of these employees are 50 or over, the oldest being 85. They include former executives, accountants, pastors, educators, veterans and trades people.

Greeters

Almost 25 years ago, Sam Walton, founder of the Wal-Mart Department Store chain, went into a store where he saw a pleasant older gentleman working near the entrance. The idea of having a friendly face greet customers as they entered a store stuck in his mind, reports Kevin Groh, spokesperson for Wal-Mart Canada. That led to the creation of the position of Wal-Mart greeter, now something of a company hallmark.

And Mike Sikorski, 85, of Weiland, Ont., appears to be the quintessential greeter. A retired industrial engineer, he was shopping when approached and offered a position as greeter at a soon-to-be opened Wal-Mart. Sikorski figures the recruiter must have picked him out as the "people person" he is. Ten years later, he says: "I still love the job, the people and I love when people see me at the door and say, 'Hi Mike.'"

Greeters include homemakers pitching in to provide a second income, former career retail associates, executives, veterinarians and public servants, to name a few.

New Directions

Some retirees choose to work in areas quite different from their former careers. Others share their valuable professional skills, experience, and knowledge after retirement.

On retiring from CP Rail, where he was supervisor of train operations, Jerry Villeneuve took up gardening, woodworking and volunteered at his local Legion. "I did all the things you should do when you've retired," he says. If anyone needed a hand, he was, and still is, there to help. Still, all these post-career activities just "didn't fill the void."

So Villeneuve, now 65, decided to get his life back "on track" - or should we say "on course." Now each year from spring through fall, he manages Maples Golf & Country Club on the Rideau Lakes water system near Elgin, ant. He oversees a staff of 11 and assumes responsibility for all the club's operations, including the golf course, restaurant and bar.

Villeneuve suggests that the different types of work available at golf courses, with their varying levels of responsibility, provide good seasonal work for fit retirees.

Consulting

Just over five years ago, Ernie Hasiuk, then 59, retired as director of vocational rehabilitation services for the Manitoba government. After a 37 year career, he was interested in sharing his skills and knowledge, so he now works as a consultant and contractor. In that capacity, he has taken on several major projects for various levels of government.

"I do it because I can," Hasiuk says, explaining why he continues to work as a consultant. "It's an opportunity to keep in touch, to use my skills and experience on my own terms, without being tied down:'

As the aging of Canada's workforce intersects with the trend toward earlier retirement, Hasiuk envisions more and more retired workers teachers, managers, technical specialists - being called upon to share their skills and knowledge. He adds that he works with many retired professionals (lawyers, doctors, accountants) in investigating cases of adult neglect and abuse in care facilities.

Unique Assets of Older Workers

"Older workers do offer unique assets to employers," says Gordana Kokorovic, coordinator of the Centre for Experienced Workers, a federally funded community employment program operated by Humber College in Toronto. "These include experience, loyalty, a good work ethic and mature work skills. Mature workers have accomplished a lot already and they have a good level of interpersonal skills, which allows them to handle conflicts well and to train other people."

Linda Welstead is director of market development at Retired Worker (www.retiredworker.ca), a Toronto based job search Web site specializing in temporary, part-time, seasonal and project-based work. It matches retired people wanting to work with employers across Canada and the U.S..

If you'd like to return to the workforce, to keep active or earn extra money, check out our list of ideas, or draw from your imagination and interests to come up with the perfect fit to suit your time and talents.

Interesting "work" = extra cash

Simply for the money

House-sitter

Census taker

Election returning officer

For social contacts and fun

Bartender

Dog walker

Department store greeter

Companion

Fitness instructor

Trade show assistant

School lunchroom supervisor

Music teacher

Theatre usher

To keep active

Shuttle driver

Tutor

Income tax preparer

Tour bus driver

Courier

For a new challenge

Campground manager

Wilderness guide

Casino dealer

Writer for local paper

Caterer

To follow passions

Golf club manager

Golf club marshall

Hobby shop salesperson

Garden centre helper

Pet groomer or sitter

Veterinary assistant

For adventure

Cruise ship companion

TV or film extra

Yacht crewmember

Long-distance driver

Teacher of English abroad

Source: Good Times, April 2005

NEW HORIZONS

Call for Applications June 2005: Nova Scotia Priorities

All projects must meet one of the following priorities for the New Horizons for Seniors Program in Nova Scotia. Projects must promote community activities by and/or for seniors.

Intergenerational

Projects that enable seniors to share their experience, skills, values, passions and wisdom with younger generations.

Activities will encourage seniors to be mentors to younger people through meaningful learning and social experiences, based upon the significant skills and experience that seniors have to offer. Some examples of projects:

- Seniors and high school students become art partners to share their knowledge and love of art, and develop their own individual artworks for a traveling art exhibit to other schools and long-term care facilities;
- Seniors facilitate and teach in-class and after-school programs, such as a homework clubs, cooking, sewing, knitting and woodworking workshops;
- Seniors and youth develop and deliver theatre performances that address issues related to seniors and youth, such as substance abuse, chronic disease prevention, problem gambling and street safety;
- Seniors mentor and teach the younger generations about agriculture and they work together to re-introduce agriculture-related businesses in the area.

Volunteering

Projects that focus on developing and strengthening the volunteers who give of their time to support communities throughout Nova Scotia.

Activities will enhance the coordination, supports and recruitment efforts of volunteer activities in communities. These projects will encourage seniors and others to utilize available skills to meet community needs. Some project examples:

- Holding a conference or workshops for seniors to share their volunteer experience, encourage other volunteers and share how they have benefited from their volunteer activities;
- Seniors working with community organizations to identify recruitment problems and discuss innovative ways to recruit and retain volunteers;
- Seniors working with community non-profit organizations that target at-risk youth or older workers to facilitate transition to the workforce or to retirement;
- Seniors forming partnerships with local businesses to mentor new employees.

Navigating Systems

Projects that build or strengthen the capacity in Nova Scotia communities to help seniors or others find the right way in time of need or in dealing with life events.

Activities will encourage seniors to share their knowledge, competencies and interpersonal skills in helping other seniors who need assistance from the community, government, health care system, legal profession, etc., but don't know who to contact or where to turn for help. Some project examples:

- Set up a seniors buddy system in the community where seniors are paired with others seniors to provide assistance;
- Seniors identify expertise in the community, and set up and coordinate a community resource list;
- Set up a help network for seniors with a disability, i.e. hearing loss;
- Hold workshops for seniors with expertise in certain areas to train volunteers in how to help others navigate in times of stress;
- Support experienced senior transit riders to help at-risk seniors who need to access local and provincial transit services to explain the routing system, schedules and services available in the community.

Capacity Building

Projects that build leadership, governance, and networking within and between community organizations in Nova Scotia.

Activities will encourage seniors to provide training, enhance communication between groups, and build partnerships/relationships to strengthen the capacity of seniors and other non-profit organizations in their communities. Examples of projects are:

- Seniors facilitating and teaching workshops on leadership strategies, competency development, succession planning, and board governance;
- Seniors and volunteers organizing and facilitating a series of workshops or other activities to bring community non-profit organizations together, to discuss how to link organizations and programs and to improve communication;
- Seniors leading and organizing asset mapping activities to identify community assets which help seniors be active and involved and contribute to their community.

Reducing Isolation or Risk of Isolation for Seniors

Projects that focus on developing and strengthening seniors' involvement in their community to prevent their isolation.

Activities will encourage seniors and others to identify seniors who are at risk of, or experiencing, isolation and to develop activities that reach out to those identified. Examples of projects:

- Seniors taking part in a study to identify at-risk seniors in their community, and suggest practices that the community could undertake to address identified needs;

- Trained senior volunteers working through peer-directed projects to encourage isolated seniors to actively participate in community events and the discussion of community issues;
- Seniors in an organization consulting isolated seniors to identify barriers to participation in their community activities, and then redesigning the organization's programs to accommodate them;
- Seniors organizing a network to identify and regularly contact isolated or at-risk seniors, to ensure their safety and to invite and encourage participation in community activities.

New Horizons Projects Funded in Nova Scotia

Organization	Location	Funding
Maple Hill Manor Art with Elders	New Waterford	$ 3,750
Ecology Action Centre Urban Gardening Mentors	Halifax	$13,225
Kiwanis Club of Cape Breton Golden K Seniors Outreach Activity Program	Sydney	$12,500
Les Nouveaux Horizons de la Baronnie West Pubnico Seniors Enhancement Program	Middle West Pubnico	$ 5,000
The University College of Cape Breton Seniors College of Cape Breton	Sydney	$11,000
Dover Bay Seniors Club Dover Bay Seniors Project	Dover Bay	$ 5,000
Waverly Ratepayers Association - Intra-Regional Annual Seniors Flower Display Competition	Waverly	$ 5,500
Middle River Highland Seniors Club Community Hall Mobilization	Middle River	$15,000
Pictou County Council of Seniors / Outreach Healthy Living for Seniors	Stellarton	$ 7,225
Rockingham Community Centre Seniors Fitness and Nutrition Program	Halifax	$ 6,000
Victorian Order of Nurses Cape Breton Metro Branch Seniors Maintaining Active Roles Together	Sydney	$ 4,980
St. Ann's Bay Community Health Group Society Happy Seniors Benefiting Whole Community Project	Englishtown	$25,000
Victoria Road United Baptist Church Hope Across Generations	Dartmouth	$20,500
Valley Senior Games Association Valley Seniors Games 2005	Granville Ferry	$ 5,000
Richmond County Seniors Council Richmond County Seniors Expo	St. Peter's	$ 5,000
Nova Scotia 55+ Games Society - 2005 Nova Scotia 55+ Senior Games	Cornwallis Park	$25,000
Society of Deaf and Hard of Hearing Nova Scotians Seniors Hearing Seniors: the alternative hearing aid	Sydney	$ 7,283

Main-a-Dieu and Area Community Development Association - Main-a-Dieu and Area Community Connections Project	Main-a-Dieu	$12,500

Source: Social Development Canada

CAREGIVING

What to say... When someone is grieving

by B. David Daly

Q: I'm uncomfortable around people who have experienced a death in their family. Any advice?

A. When someone you know is experiencing grief—the loss of a loved one, or perhaps another type of loss—you want to help. But the fear of making things worse may keep you from giving that help.

- **Don't try to soothe** or stifle the griever's emotions. It takes tears and anger to help healing begin. They are the result of a strong relationship that deserves the honor of strong emotion.
- **Simply listen**. Grief is a confusing process. Expressions of logic are lost on the griever. "Tell me how you are feeling," followed by an attentive ear, will be a major blessing to the grief-stricken.
- **Give your friend assurance** that he or she is not alone on this journey. Your presence is important—and enough. Your friend will find his or her own way down the path of healing.
- **Visit**—if even for a short while. The mourner may need time to be alone, but will appreciate your effort.
- **Do some act of kindness**. Run errands, prepare meals, mow the lawn, care for the children, shop for groceries, meet incoming planes, provide lodging for out-of-town relatives. The smallest good deed is better than the grandest good intention.
- **Be sincere**. Say the things that come to your mind, even if they seem awkward or trivial. Mourners are seldom offended by honest expressions of support.
- **Write a personal letter** to the next of kin expressing your feeling about the deceased. It will be better received than the most elaborate purchased tribute.
- **Walk with the person** who is in pain. There are few expressions of sympathy more meaningful than giving of yourself.

B. David Daly is President of the Evergreen-Washelli Cemetery and Funeral Home, in Seattle, Washington.

Tips for caregivers...

People taking care of a seriously ill spouse or an aging parent also need to take care of themselves. These ideas can help prevent burnout.

- Realize that asking for help is just as important as giving it. Negotiate with family members or friends to help with specific tasks. If you can afford it, hire someone to do housework or gardening tasks.
- Take care of yourself. Get daily exercise and stick to a healthy diet. Take time to enjoy activities that help you reduce stress, to keep your immune system strong. Also remember your regular doctor, dentist, and eye checkups.
- Don't try to go it alone. Avoid isolation. Keep in touch with family and friends, even if only by phone or e-mail. Share your feelings, join a support group, or talk to a counselor or religious leader.
- Enjoy the time you do have with your loved one. Try to make your relationship about more than just the illness. Do things together that you enjoy, like going through photo albums, listening to music, working on a puzzle, or just watching television together.

Source: Looking Forward, Vol. 18, No. 1, Winter 2005

ACTIVE LIVING

Walking 30 minutes a day brings big health benefits

by Judy Brandow

You already know walking is good for you! Some call it the perfect exercise because it's gentle, you can set your own time and pace, and you can do it alone or with a buddy. And walking on a regular basis will improve your circulation, strengthen your heart and lungs and keep bones strong.

Now is the perfect time to start a walking program — that is, if you haven't been strutting your stuff all winter long. If you're thinking about getting started, here's some information that might motivate you to get going.

The benefits:

The Heart and Stroke Foundation says research has shown that just 30 to 60 minutes a day of brisk walking can help you maintain a healthy weight, reduce high blood pressure, lower elevated cholesterol, cut your risk of heart disease, provide stress relief, help you feel more energetic, improve your mood and help you sleep better.

A study of the effects of walking on older post-menopausal women, conducted at the University of Manitoba, found a 4.5 per cent decrease in total cholesterol levels for participants who walked at a brisk pace for 60 minutes a day. That's the equivalent of a 10 per cent reduction in the risk of heart disease.

The Osteoporosis Society of Canada reports that walking, which is a weight-bearing exercise, can help you maintain bone mass. A spokesperson for the society says 30 minutes a day, even done in shorter segments throughout the day, can make a difference.

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or anyone with Type II diabetes, the Canadian Diabetes Association recommends physical activity to help you manage the disease and feel better. Start with as little as 5 to 10 minutes a day of brisk walking and work towards the association's recommended goal of at least 150 minutes of aerobic exercise a week.

Tips for walking

- Warm up: Before starting out, do gentle stretching exercises for muscles in the lower leg, and mobility exercise for your ankles.
- Start slowly: If you're just beginning a walking program, begin with a 10-minute walk every second day and gradually increase it to an hour or more over a few weeks. Health benefits begin with 30 minutes a day. Health Canada recommends 30 minutes of activity each day.
- Dress properly: Wear several layers rather than one or two heavy ones. Wool is a good choice because it breathes.
- Pamper your feet: Invest in walking shoes with good arch and heel support and lots of toe room.
- Consult your doctor: As with any exercise program, you should check with your doctor before you start.
- Get started now. If the weather is still chilly, you can still walk in comfort. Head for your shopping mall—many malls have walking clubs. Some fitness centres have an indoor track. Or try a treadmill.

Walking the dog is great exercise

Last May when Hoss, a four year-old pug, moved in with Anne Bobyk, of Toronto, she didn't think she would mind taking him for his constitutionals. As it turned out, Anne, who is in her fifties, enjoys them more than the dog. In the first three months she lost 12 pounds.

The two take a 15-minute to half-hour walk in the early morning, the afternoon and evening. "Hoss walks quickly, however with his short legs, it's not a fast pace," she says. "But I've lost weight and my clothes fit much better.

"I love the morning now. I'm getting up earlier and feel better," Bobyk adds.

She also enjoys the social aspect of meeting and greeting all the other dog owners in the neighbourhood.

Her only difficulty: "Sometimes I have trouble waking Hoss up. He just wants to snooze.

Source: Good Times, March 2005

Putting Seniors and Students Under One Roof

While intergenerational programs for older adults and children are popping up across the country, so too, are intergenerational residences that put adults from different age groups together under one roof. One such residence is the New Horizon Tower in Toronto, a 14-storey retirement home run by the Dovercourt Baptist Church Foundation. It's been somewhat of a groundbreaking experiment and has met with much success.

The idea of renting rooms to students was born a few years back as a result of financial woes. "It's an ideal set-up," says Ian Logan, the building administrator. "The students get three meals a day, house-keeping, a room with a two-piece washroom and 24-hour security at a fair price." He admits that there were some adjustments to be made initially. "But on the whole," he says, "things are working out well."

Patrick Ashwin, 71, a past president of the residents' council, agrees and says that bringing the students in was a good marketing move that paid off financially. Thought he, too, admits that it was not without its little glitches. "As the kids began to settle in, they started to act like 18- and 19-year-olds," he says. "But problems (such as partying and loud music) were dealt with right away and there was never any crisis."

Ashwin says he doesn't have a lot of interaction with the young people, but when he does meet them in the elevators, laundry room or lunchroom, they're always cheerful. He recalls a talent show that the students performed for the residents. "It was wonderful," he says. "And the older residents later hosted a brunch to say thank you to the young people.

Steve Vanderherbert, 19, of Bowmanville, Ont., moved into the New Horizons Tower in 2003 while studying life sciences at the University of Toronto. He admits he wasn't sure what to expect. "It's actually pretty interesting," says Vanderherberg, who finds that the older residents take the time to talk with him. "It's neat because a lot of them are really interesting and they're intellectually on the ball!" His favourite resident, Beullah, lives on his floor and love to talk. Vanderherberg says he'd recommend it to other students and plans to return next year. "The one thing I'd like to see is more interaction with the older residents," he says. "We both need to step out of our comfort levels and be more than just a building of people who live together. The older people have lived their lives and have a lot to share.

Source: Good Times, March 2005

Get Connected

by Catherine Rondina

"Say Cheese!"
Click your way to better photos with online tips

Photography is the art of capturing the world around us. Whether you're the official family photographer or a shutterbug who runs for your camera as the sun sets on the lake, you know that taking the perfect photo is, indeed, an art form. If you aren't always satisfied with your results, take heart—the Internet has all kinds of photography sites that are sure to make you smile! So, "Say cheese" and click your way to better photos:

www.photo.net is a great place for both novice and experienced photographers. The information links are packed with vital tidbits. You'll love their *Learn* link, which covers everything from how to take pictures to how to frame them. The *Gallery* option allows you to upload your photos for critiquing. If you love to make photo records of your vacations, click on the *Travel* link for stories and special guides. Use their *Community* link to join discussions forums for recommendations and reviews.

www.photography.com has a lot to offer camera buffs. Click on their *Photo Courses* link for step-by-step classes from the New York Institute of Photography. The *Take Better Pictures* page encompasses topics that range from *Choosing the Right Film* to *Photographing Pets Poses Few Problems*. Select the *Featured Article* link for the latest news in the field. Be sure to visit *Fun Photo Projects* for ideas that include *Creating A Photo Storyboard* and *Selling Your Home With Photos*.

www.photolane.net Described as the best photography directory online, it has links to photographers and photo-related sites from around the world, and the clean, sleek presentation 'makes for smooth surfing. A simple click can put you in touch with, *Copy & Restoration Services, Photography Associations & Organizations* and *Photography Publications*. If you'd like to explore a new subject area with your lens, try *Underwater Photography, Real Estate Photography* or even *Sports Photography*.

www.digital-cameras-review.com promises that whether you're a beginner looking for your first digital camera or an experienced photographer, they have all the information you'll need to save money and make a wise purchase.

www.photography-museum.com is home to the American Museum of Photography. Here you can view great images from the history of photography, from daguerreotypes to Ansel Adams. The site opens with feature exhibits for you to examine and offers free memberships. Don't miss the *Research Center* links, which cover interesting topics such as *Protecting & Preserlling Photographs* and *Early Photographic Processes*.

Source: Good Times, April 2005

On The Road Again: Find your Way Online

by Catherine Rondina

It is soon time to head out on the road again in search of new adventures. Now, we all know real men don't have to ask for directions, but if you'd like to make sure how to get where you're going, check these online map sites. You can print out customized maps, pinpoint a specific location, find out about detours and get travel tips and weather forecasts. Best of all, you won't have to struggle to fold them every which way after you've checked out these maps!

www.mapquest.com is one of the most used mapping services on the Net. It gives you access to just about anything you'll need to know while traveling, and then some. Their primary function is the Find It link that allows you to *Search For Locations*. Enter a business name, a category, a city, state or postal code to look up an address. Their *Maps* icon enables you to get detailed printouts of exact locations and the *Directions* icon gives you particulars about where you're headed.

www.mapblast.com has what you need for every twist and turn you might encounter on the road. Searching their *Find A Map* page is simple and covers global destinations, and maps are clear and easy to read. Some of the unique features offered include the *Get Directions - To Here, From Here*. And the *Local Traffic* maps prepare you for what's happening on the road ahead—they'll even e-mail you the construction detours to watch out for. Their handy *Weather* link tells you exactly what Mother Nature has in store along the way.

www.perlys.com was founded in 1949 by the Perly family and has been a trusted provider of maps for the Ontario and Quebec region for over 50 years. Click on the *All Map Products* link for a list of what they offer— services ranging from *Wall Maps* to intricate diagrams of Canada's big cities. Select the *Custom Maps* page, where cartographic specialists can create a unique map just for you. Their product line includes worldwide services too.

www.maps.com This site links you to all types of maps and travel tidbits. The *Travel Maps* link covers maps for countries and cities both in North America and internationally. Their *Driving Directions* and *Custom Mapping* pages will make you happy behind the wheel. They even have a *Games* link that offers fun ways to explore, through *Trivia, Puzzles, Map Quizzes* and a geography *Arcade*.

www.randmcnlly.com is a four-wheeler's little piece of heaven on the Net. Begin your quest a click on the *Road Explorers* link, where you can become a member and receive discounts on everything from hotel accommodations to auto maintenance. Their *Get A Map* link not only gives you geographical information, it calculates mileage for your trip. The *Get Directions* page is detailed and allows you to customize your route to your driving needs. Visit the *Plan A Road Trip* link for all kinds of useful travel tips.

http://atlas.gc.ca/site/english/maps/reference is hosted by Natural Resources Canada and is the perfect way to discover Canada through national maps and facts. Every type of map you could possibly think of is here - from *Freshwater* maps to *Climate Change* maps. Click on the *Explore Our Maps* link for an incredible selection of data. Visit the *Reference Maps* page, which encompasses international, national and provincial maps.

Source: Good Times, March 2005

Travel News

by Isobel Warren

Wild Woman Adventures

Wild Women expeditions in northern Ontario, has been offering adventure to small groups of women for 15 years. Expeditions include back-packing in the Rockies, hiking and biking in Cape Breton, road cycling tours to Manitoulin Island, and a variety of kayaking and canoe trips, including a mother-daughter canoe trip in late August. At the base camp near Sudbury, WWE offers workshops in singing, drumming, creativity, native spirituality, painting and nature photography. Three special programs have been created for lesbian and bisexual women.
Call 1-888-WWE-1222 or visit
www.wildwomenexp.com.

Expression: Bulletin of the National Advisory Council on Aging

Volume 18, Number 1
Winter 2005

This issue focuses on Seniors at Work, and covers such items as Views on Retirement, Today's Working Seniors, Upcoming Trends, Giving Choice A Voice, and Focus on the Future. For a copy of this bulletin or future bulletins please contact the National Advisory Council on Aging by phone (613) 957-1968; fax (613) 957-9938, e-mail seniors@phac-aspc.gc.ca, on the Internet at www.naca.ca or through the Seniors' Secretariat, 424-0065 or 1-800-670-0065.

Volunteers Needed!

The Alzheimer Society of Nova Scotia is currently recruiting volunteers from across the province to work as Canvassers and Area Managers for October of 2005. For more information please call (902) 422-7961, fax (902) 422-7971 or e-mail info@alzheimer.ns.ca.

UPCOMING EVENTS

Celebrate Life 2005

June 5, 2005

Cancer Care Nova Scotia presents: Celebrate Life 2005, A National Cancer Survivors Day Event. If you or someone you love has been touched by cancer, join us on Sunday, June 5th between 2 pm and 4 pm to celebrate life. A great afternoon of family entertainment begins at 2 pm at the World Trade and Convention Centre in Halifax. Performers include: ECMA winner Dave Gunning, RyLee Madison and the Sacred Heart Junior Elementary Choir. Doors open at 1 pm Admission is free. **For more information call** 1-866-599-2267 or go to www.cancercare.ns.ca

2005 World Congress of Gerontology

June 26-30, 2005

Will be held June 26-30 in Rio de Janeiro, Brazil

For more information:
http://www.gerontology2005.org.br

16th Annual

50+ expo

June 10 & 11, 2005
9:00 am to 6:00 pm
Exhibition Park, Halifax

Coming Up at the Expo: "Army Boots and Salutes"

A nostalgic walk down memory lane to some of the best music of the past century. Renowned Canadian artists Bonny Craig, Tom Leadbeater and Marie Gongo join Norm Armadio's Band, with their big band sound in this show that will have you singing and dancing in your seats. The Andrews Sisters to Glenn Miller are all covered here!

Kick up your heels and get up on the dance floor with The Novelty Salesmen, Friday 8 pm to 12am.

Try out and see if you have what it takes to become the 3rd Annual Star Search Talent Contest Winner.

Learn the delicate art of floral arranging from Neville MacKay.

See what delectable treasures "The Food Hunter", Pete Luckett has discovered.

See seven remarkable seniors awarded for their significant contributions to their communities.

And much, much more!

For more information contact the Seniors' Secretariat toll free at 1-800-670-0065

or visit the 50+ Expo website at www.50plusexpo.ns.ca

CDA/CSEM Conference

October 19-22, 2005

Will be held October 19-22, 2005 in Edmonton, AB. The Canadian Diabetes Association (CDA) / Canadian Society of Endocrinology and Metabolism (CSEM) professional conference and 9th annual meeting brings together educators, clinicians and scientists to share their expertise, ideas and experiences in diabetes and other endocrine disorders. Program highlights include nationally and internationally renowned speakers addressing current diagnosis and treatment issues, interactive workshops, meet the professionals, oral abstract sessions, poster presentations, a trade show and sponsored social activities.
For more information call 1-800-226-8464.

Canadian Association of Gerontology

October 20-23, 2005

Will be held October 20 – 23, 2005 in Halifax, NS. This years' theme is Navigating Aging: Adjusting the Sails to Meet the Winds of Change. An opportunity for all disciplines in the field of gerontology, government, the non-profit sector and individuals to explore new ways to have a direct impact on aging in Canada. **For more information call** 1-613-271-1083, e-mail cagacg@igs.net or go to www.cagacg.ca.

BOOKS

Complete Do-It-Yourself Manual

This familiar book has just undergone its own "renovation" for the first time since 1993. The new edition features hundreds of new step-by-step photos to help walk you through projects. It also provides useful information on tools, techniques, materials, landscaping and storage projects.

Complete Do-It-Yourself, published by Reader's Digest, 2005. Hardcover, 528 pages. $44.95.

Workshops You Can Build

You don't need talent, space, or bags of money to build a workshop. This step-by-step book will help you decide where and what to build; provide tips on construction and design, give you examples of portable and mini workshops - even a closet can be converted to a workshop, plus basic woodworking skills. There are lots of illustrations to help you visualize each step.

Workshops You Can Build by David and Jeanie Stiles, published by Firefly Books, 2005. Softcover or hardcover, 224 pages. $24.95 and $39.95.

A Tool-by-Tool Guide to Choosing and Using 150 Home Essentials

A great reference book for the novice and experienced handywoman or man. It covers where and how to buy quality tools; eight basic tool kits to have on hand for apartments, electrical, car, plumbing, crafts and one for kids a neat gift idea for grandkids!

Tools, by Steve Dodds, published by Firefly Books, 2005. Softcover, 224 pages. $24.95.

10 Great Dates for Empty Nesters

The divorce rate for those over 50 is on the rise. Boredom, infidelity, and drifting apart after the kids leave home are three key causes. Marriage and sexual health experts David and Claudia Arp suggest 10 fun dates to help you focus on becoming a couple again while rediscovering intimate talk, revitalizing your love life, becoming best friends, and growing together spiritually.

10 Great Dates for Empty Nesters by David Arp and Claudia Arp, published by Zondervan, 2004. Softcover, 224 pages. $12.

How to Care for Aging Parents

A great reference book for current and future caregivers.

This book, which offers support to those caring for elderly parents, is a revised version of the original bestseller. New sections include housing options, alternative therapies, how to balance career and care giving, and caring for parents with Alzheimer's, as well as sex and dating among the elderly. There's also a chapter for boomers on how to prepare for their own aging.

How To Care for Aging Parents by Virginia Morris, published by Workman Publishing, 2004. Softcover, 656 pages, $27.95.

The Naked Investor Why Almost Everybody But You Gets Rich on your RRSP

How can you be sure your financial adviser or broker is acting in your best interests and not just using you to earn commissions? This book is a wake-up call for both the experienced investor and the many Canadians whose trust exceeds their investment knowledge.

The Naked Investor by John Lawrence Reynolds, published by Penguin Group Canada, 2004. Soft cover, 256 pages. $25.

Programs for **Seniors** 2005

16th Edition

This 136-page directory features information about active living, health care, transportation, housing, finances, legal matters, and more.

Pick up a free copy at your local pharmacy or library.

You may also find it in Sobey's stores, physicians' offices, hospitals, seniors' centres, and clubs.

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